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## 1. A divider comprising:

generally flat body portion; and

a tab coupled to and slidable along an outer edge of said body portion, said tab being manually slidable along said outer edge such that a user can slide said tab to a desired location and release said tab whereupon said tab interacts with said body portion such that said tab is generally locked in place relative to said body portion without requiring any further manual manipulation.

- 2. The divider of claim 1 wherein said tab is generally co-planar with said body portion.
- 3. The divider of claim 1 wherein said tab includes a label portion that is shaped and located to receive a label therein.
  - 4. The divider of claim 1 wherein said body portion is generally rectangular in top view.
- 5. The divider of claim 1 wherein said body portion includes a set of attachment holes located adjacent to an inner edge located generally opposite said outer edge.
  - 6. The divider of claim 1 wherein said tab fits over said outer edge.
- 7. The divider of claim 1 wherein at least one of said body portion or said tab includes a plurality of openings and the other one of said body portion or said tab includes at least one protrusion, said protrusion being shaped to be received in one of said openings to generally lock said tab in place relative to said body portion.
- 8 The divider of claim 7 wherein said one of said body portion or tab includes a plurality of protrusions which are spaced apart in a direction generally parallel to said outer edge.
  - 9. The divider of claim 8 wherein each protrusion is generally rectangular in top view.

- 10. The divider of claim 7 wherein said body portion includes a track fixedly coupled to said outer edge, said track including said one of said at least one protrusion or said plurality of openings of said body portion.
- 11. The divider of claim 1 wherein one of said tab or body portion includes a channel shaped to fit over an attachment edge of the other one of said tab or body portion.
- 12. The divider of claim 11 wherein said channel is generally defined by a pair of generally parallel walls which are oriented generally parallel with said body portion.
- 13. The divider of claim 12 wherein at least one of said body portion or said tab includes a plurality of openings and the other one of said body portion or said tab includes at least one protrusion, said protrusion being shaped to be received in one of said openings to generally lock said tab in place relative to said body portion, and wherein at least one of said walls can be deflected away from the other one of said walls to allow said protrusion to be moved away from an opening.
- 14. The divider of claim 11 wherein said one of said tab or body portion includes a pair of opposed slide guides extending into said channel, each slide guide being received in an associated slide guide recess on the other one of said tab or body portion.
- 15. The divider of claim 1 wherein one of said tab or body portion includes a plurality of recesses located along said outer edge.
- 16. The divider of claim 1 wherein said tab protrudes generally outwardly from said body portion.
- 17. The divider of claim 1 wherein said tab is movable between a locked position wherein said tab is generally locked in place relative to said body portion and an unlocked position wherein said tab is not generally locked in place relative to said body portion.

- 18. The divider of claim 17 wherein the force required to move said tab from said locked position to said unlocked position is greater than the force required to slide said tab along said body portion when said tab is in said unlocked position.
- 19. The divider of claim 17 wherein the force required to slide said tab along said body from a rest position when said tab is in said unlocked position is less than the force required to slide said tab along said body from a rest position when said tab is in said locked position.
  - 20. The divider of claim 1 wherein said tab releasably grips said attachment edge.

## 21. A divider comprising:

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generally flat body portion; and

a tab shaped to be coupled to an outer edge of said body portion such that when said tab is coupled to said outer edge said tab is manually slidable along said outer edge such that a user can slide said tab to a desired location and release said tab whereupon said tab interacts with said body portion such that said tab is generally locked in place relative to said body portion without requiring any further manual manipulation.

## 22. A divider comprising:

a generally flat sheet-like body portion having an outer edge with a plurality of openings extending therealong, said openings being spaced apart in a direction extending generally parallel to said outer edge; and

a tab coupled to and slidable along said outer edge of said body portion, said tab being generally co-planar with said body portion and protruding generally outwardly from said body portion, said tab including a plurality of protrusions shaped to be received in one of said openings and having a channel defined by a pair of generally parallel walls which are generally parallel with said body portion and which receive said outer edge therebetween, wherein at least one of said walls can be deflected away from the other one of said walls in order to allow a protrusion to be moved away from said openings such that said tab is manually slidable along said outer edge such that a user can slide said tab to a desired location and release said tab

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whereupon said protrusions interact with said openings such that said tab is generally locked in place relative to said body portion without requiring any further manual manipulation.

23. A method for manipulating a tab divider comprising:

providing a divider including a body portion and a tab coupled to and slidable along an outer edge of said body portion;

manually sliding said tab along said outer edge until said tab is located at a desired location; and

releasing said tab whereupon said tab interacts with said body portion such that said tab is generally locked in place relative to said body portion without requiring any further manual manipulation.

- 24. The method of claim 23 further comprising the step of unlocking said tab relative to said body portion and again manually sliding said tab along said outer edge, and wherein the force required to unlock said tab relative to said body portion is greater than the force required to slide said tab along said body portion.
- 25. The method of claim 23 wherein said tab is movable between a locked position wherein said tab is generally locked in place relative to said body portion and an unlocked position wherein said tab is not generally locked in place relative to said body portion, and wherein said releasing step includes moving said tab to said locked position.
- 26. The method of claim 25 further including the step of moving said tab to said unlocked position, and wherein the force required to slide said tab along said body from a rest position when said tab is in an unlocked position is less than the force required to slide said tab along said body from a rest position when said tab is in its locked position.
- 27. The method of claim 23 wherein at least one of said body portion or said tab includes a plurality of openings and the other one of said body portion or said tab includes a plurality of protrusions, each protrusion being shaped to be received in one of said openings to generally lock said tab in place relative to said body portion during said releasing step.